

THE SCROLL

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O'GORMAN HIGH SCHOOL | SIOUX FALLS, SOUTH DAKOTA

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Empire Mall receives facelift

Justin Kautz
Staff Writer

The Empire Mall has undergone a facelift in the past few months.

The once drab shopping center is in the process of its first renovation in 37 years. If not already completed, the plan is to update the ceiling, floors, lighting, paint and entrances.

Also included in the renovations were the additions of Dick's Sporting Goods, Oakley, Pink, Build-A-Bear, Kozy Blanket, Teavana and Wet Seal. The new stores offer a wide range of products that many of the students are excited about.

"I love Dick's Sporting Goods," said senior Carl Gaspar. "It has pretty much everything I need, and all in one place."

While new stores are added, a few old stores are leaving the Empire Mall. Namely, PacSun and Hollister will be moving out in the coming weeks. Although this means no more shirtless men in front of Hollister at Christmastime, students are okay with the change.

"I never really shopped at Hollister, so I won't miss it much," said sophomore Carly Moran. "PacSun has good clothes but I can just find them somewhere else."

The remodel will continue into the spring season, but already the Empire Mall looks to be turning into the shopping center that Sioux Falls residents want.



SAMANTHA LENZ / KNIGHT SCROLL

Seniors (left to right) Tanner Schulte, Jake Niedringhaus, Spencer Hopkins and Sydney Carda participate in National Signing Day. The seniors plan to attend Augustana College and the University of South Dakota, respectively.

Seniors commit to collegiate level athletics

Samantha Lenz
Opinion Editor

On Feb. 5th, high school seniors finalized their decision on where they will continue with their athletics careers in college. This includes five from O'Gorman High School signing national letters of intent.

Spencer Hopkins will continue his career in the football program at the University of South Dakota, a NCAA Division I school.

Hopkins was an All City and All Conference player at O'Gorman. This season USD looked to bolster their defense signing 30 recruits on scholarships with one being Hopkins, a linebacker. During his senior campaign Hopkins led the team with 65 tackles.

Augustana, a NCAA Division II school, signed 35 football players from eight different states, including nine from South Dakota. Among these are O'Gorman's own linebacker, Jake Niedringhaus and wide receiver, Tanner Schulte, both coached under Steve Kueter.

"I think they all will do a good job at the next level of football," said Kueter. "They possess the abilities and determination to succeed at the college level and have made good choices with USD and Augustana."

Viking commits Schulte and Niedring-

haus are two-year letter winners and starters. Niedringhaus was recorded with 100-plus tackles in his seasons along with two interceptions and eight fumble recoveries.

"I really like the coaching staff there, and there are quite a few guys from the Sioux Falls area going there that I have played against my whole life," said Niedringhaus. "It will be cool to be able to play with those guys. Also being able to play with Tanner for four more years is always a plus."

Schulte threw for 80 yards and rushed for 143 during his senior season before being injured. Also, Schulte will follow his older siblings Tyler and Emily, both accomplished Vikings themselves.

"It is a dream come true to be continuing my athletic career at the collegiate level," said Schulte. "With all the injuries that happened during high school, it's a great relief to finally be going to Augie where I think I could fit in well and contribute a lot to the program."

Sydney Carda also signed to play at USD and is among 16 players from the Dakota Alliance Soccer Club who will continue to play soccer at the college level.

"I am very excited to have the opportunity to play next year, meet new teammates, and take my game to the next level," said Carda.

Carda contributed to a 2013 state championship title coached under Ryan Beier.

"We wish her the best of luck. Sydney worked very hard from her freshman year to senior year to improve her soccer abilities," said Beier.

"She put in the work and now has an opportunity to keep playing in college at a DI school. She should do very well at USD, and we look forward to watching her future soccer career," said Beier.

Max Donohue committed to continue with his golf career at a NCCA Division I school, University of Arizona. During his time at O'Gorman Donohue added three state championship titles to his records.

"I am very happy and lucky to be able to continue my golf career next year in college," said Donohue. "It has been very rewarding to see my hard work pay off."

Wildcat signee, Donohue, was coached under Rod Garrison and has qualified for state since the 2008 season and finished in third during his senior campaign.

"I think Max has worked his entire golf career to achieve the goal to play Division One College Golf at a major golf college," said Garrison. "I could not be happier then to have an O'Gorman golfer move to the next level."

Community fundraises for athletic department

Myla Brown
Activities Editor

The 13th Annual Shamrock Run and the sixth Annual Leprechaun Fun Run are on Saturday, March 29. The run is sponsored by the O'Gorman High School Athletic Booster Committee to raise money for all of the Knights

athletes.

"This is my first year leading this event so I am very excited to see the turnout and run such a great event", says Maren Jensen of the SFCS Development Office.

For the Leprechaun Fun Run children can choose to run ¼ mile (once around track), ½ mile (twice around track), or a mile

(4 times around track). For the Shamrock Run people can choose to participate in the 2-mile Fun Run/Walk or to run the 5K.

Last year the run had about 450 participants between the two events. This is a fundraiser for the O'Gorman athletic booster committee which financially supports all of the high school's

student athletes. "This is my first year running in the Shamrock Run," said freshman Alexei Lawler. "I can't wait to participate and make a tradition of it."

"This event is a fun, family-friendly event for anyone in the Sioux Falls community," said Jensen.

All ages and skill levels are

welcome to partake in the Shamrock Run. No experience in running is necessary to participate in this event.

The Leprechaun Fun Run is fun for kids of all ages to get interested in physical activity as well.

See RUN page 2

Mayoral election gives chance for seniors to vote, impact city

Ben Rogers
Sports Co-Editor

This April the municipal elections will be taking place in the city of Sioux Falls with the most prolific vote being on who will become the next mayor of Sioux Falls.

On April 8 elections for the mayor, at-large council member "A", at-large council member "B", and Central District Council Member, and finally the Southeast District Council Member will be held. Although Bonita Schwan is the only one on the ballot for Southeast District Council Member so she will get the nod.

"I think this year, and especially this election being as it will be my first opportunity to vote, is very important," said senior Chris Sharpe. "We have a direct impact on how our community will be run and that's a great responsibility, but also a great opportunity."

Up for At-Large Council Member "A" this year is Emmett Reistroffer, Rex Roling, and Manford J. Steele. And for the At-Large Council Member "B" it is Christine M. Erickson, Robert Knutson, Denny Pierson and Glendon E. Rice, Jr.

For the Central District Council Member the only one who has



Mayor Mike Huether

filed a statement of organization is Michelle Erpenbach.

Mayor Mike Huether will look to once again capture that same feeling he did when he was sworn into the Mayor's office on May 17, 2010. With Mayor Huether's focus being on keeping Sioux Falls moving, 23 new businesses have opened downtown, and more than 124 new residential units were constructed downtown as well.

"I really think Mayor Huether has done a good job with the city," said senior Sam Olson. "Especially with the new Events Center, he was a major proponent of that which will turn out great."

The only one standing in the way of Mayor Huether winning a second term is Greg Jamison. In



Greg Jamison

2008 Jamison was elected to the Southwest District of Sioux Falls on the City Council, a position he currently holds. Jamison will employ a people first initiative in his campaign.

"My intent is to improve the quality of life for every citizen," said Jamison. "I want to send a message to all Sioux Falls citizens that they come first."

For this year's senior class it is the first opportunity for most of them to exercise their right to vote.

"The municipal elections in April will be my first vote so it is my responsibility to get to know the candidates and decide which one will have the most positive impact on the city of Sioux Falls," said senior Max Boyum.



KNIGHT SCROLL

The thirteenth annual Shamrock run will take place on Saturday, March 29.

Thirteenth annual Shamrock run to be held March 29

RUN: Continued from page 1

The Leprechaun Fun Run is fun for kids of all ages to get interested in physical activity as well. It just so happens that it's also a wonderful way for the Sioux Falls community to support O'Gorman.

If you register before March 12 you will be given a t-shirt for participating, and most people wear those for the event. But

you are not required to wear green, although you might get pinched.

The run encourages the Sioux Falls community to get outside even in March when it might be a tad chilly, spend time with family and support a great local high school.

Entries received on or before March 12th are \$30 and entries received after March 12th are \$35.

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Editorial Policy
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Letter from the Editor

Kayler Nelson
Editor-in-Chief

As we start to focus in on the last quarter of the 2013-2014 school year, I'd like to address all of the seniors.

It's been a long time running and we've finally made it to the last nine weeks of our high school career. We've made it this far already.

We pushed through our awkward freshman year, the transitional sophomore year and not to mention the stressful junior year, together. Let's finish strong and push through this ending together as well.

We're nearing the end of eight hour school days, paying to wear whatever we want and every other threat that high school poses to a student. Although it is just school and there are some not-so-pretty sides of it, O'Gorman has treated us pretty well.

Our freshman year we watched our boys take on Washington in the dome, sophomore year we got to participate in the opening of the PAC, junior year was accompanied by a record breaking magazine drive and senior year we got to see our boys kick butt at the Dakota Bowl. Although our time here is limited, the impact is lasting.

Our blessings at O'Gorman are not limited to these few events.

Although labeling it "the end" might seem sad, I'd encourage you to look at it in a different light.

Seniors, look at the friends you've made from K-12. Highlight the state championships you've

attended, the awards you've won, the friends and memories you made along the way, the lessons you learned and most importantly the people who helped get you to where you are today.

Yes, it may be the ending of what we know and what we've come to love, but it's also an opportunity to grow and learn. End this year strong and with a sense of passion.

As sports and other activities are coming to a close, work harder than you ever have before and make the ending of your senior year one to remember.

Don't walk across that stage in May and wonder what you would've done differently and regretting that you hadn't. This is a joyful time in our lives as we end one chapter and read the first few pages of another.

As cliché as this sounds, don't weigh yourself down with the "What if's". Gives these last few weeks everything you have and more.

I dare you to walk across that stage in May and be happy and content with what you did in high school, but also keep an open mind to all of the opportunities and memories that are about to come your way once you step on that new campus.

Last of all, make amends with the peers you never quite saw eye-to-eye with.

Don't leave O'Gorman with feuds and bitter feelings unresolved. End this year in a way that when you look back to it in 10, 20 years, you can truly say that you have fond memories of high school.

Students aid community with Lenten fundraiser

Cheyenne Chontos
Faith Editor

O’Gorman is once again participating in its annual Lenten fundraiser, Empty Bowls. This year Empty Bowls will be served on March 18 from 4:30-8 p.m. The event is open to everyone, not just students.

The goal of Empty Bowls is to raise money for Sioux Falls organizations that specialize in aiding the hungry and homeless of the community and to help students remember what is most important as they prepare for Easter.

“Empty Bowls is a great program to help with because it is tied strongly into O’Gorman as a whole community,” said campus ministry leader Jonathan Konz. “Everyone from students to parents to local businesses are able to participate. It is an awesome opportunity to give of ourselves together during the Lenten season.”

The bread and soup for the event are donated every year from a variety of restaurants and businesses, while parents and staff provide the dessert items.

The soups this year will be donated by Minnehaha Country Club, Granite City, Olive Garden, Culvers, Cherry Creek Grill, Honeybaked Ham, Pizza Ranch and Royal Fork. The bread will be provided by Perkins, Chamilles Sidewalk Café, Bagel Boy, Breadsmith and Spezia. Scooter’s Coffeehouse will be providing the coffee this year.

This year there will also be three \$25 gift cards to Ruby Tuesday that will be raffled off.

Students can help with the event in a variety of ways. They can sign up to be drink servers, ticket takers, dessert cutters, table cleaners, dish washers or food preppers. The two working shifts are from 4:30-6 p.m. and from 6-8 p.m. There are usually around 200 volunteers from the student body that help with the event.

“It’s important for high school students to get involved with programs like Empty Bowls,” said junior Abby Baka. “There are so many people in the community that need our help. This is a great event because you get to

help while hanging out with your friends and classmates.”

If students are unable to offer their time they are invited to attend the meal as the proceeds will go to organizations like the St. Francis House, the Food Pantry and the Good Shepherd Center. Students who are volunteering are asked to eat during the shift that they are not signed up to work. They are asked to pay for their meals as the proceeds are going to a charity.

Several students also helped make bowls to sell at the dinner. Bowls were made by the art club and pottery classes.

“Making bowls is a great way to be creative and help out a good cause at the same time,” said senior and art club co-president Will Tiensvold. “I get to work with clay and hang out with cool people.”

Those involved with the event say that there are many benefits that come with volunteering.

“The best part of working on Empty Bowls is honestly getting to see everyone come together to do something good for the poor



SUBMITTED PHOTO

O’Gorman students help in the serving line at the annual Lenten event, Empty Bowls. The Empty Bowls dinner will be served on March 18 from 4:30-8 p.m.

in our community,” said Konz. “That, and the ham and bean soup from Honeybaked Ham.”

Students interested in helping with Empty Bowls will get a chance to sign up in their theol-

ogy classes. The cost of the meal alone is \$4 and a meal plus a bowl made by the students is \$15. Students are encouraged to bring their friends and families to the event.

Sacrifices focus school, students back on Christ

Kate Brycheeva
Entertainment Co-Editor

Lent is a very special time of the year for all Christians, which allows one to unite with Christ through sacrifice.

There are many ideas of sacrifices that can be made for Lent. The most common ones include chocolate, coffee, procrastination, lying, bed, warm showers, video games, shopping and negativity. “I’m giving up TV,” said junior Jackie Marko. “Every time I come home after school I spend a lot of time watching it. I chose it because I knew it’d be hard.”

The options are practically unlimited. For example, one creative idea might be giving up spoons and forks and learning to eat with chopsticks. That adds learning something new to the experience.

“I think one of the hardest things to do is giving up things you are actually attached to, to make ourselves aware of how

“I think one of the hardest things to do is giving up things you are actually attached to, to make ourselves aware of how attached we are to things sometimes.”

- Joseph Head

attached we are to things sometimes,” said Mr. Head, theology teacher.

Instead of being a season of giving something up, Lent can be a season of giving. It can be one act of kindness each day or volunteering more regularly. There are also several possible commitments people can make in addition to what they are giving up – going to Mass more often, exercising, volunteering and being on time.

“I decided that I want to get to daily Mass every day during Lent,” said junior Nate Sotebeer. “I feel like going to Mass brings

me closer to Christ and since Lent is his memorial I feel like it’s a great thing to do.”

Another option is making a list of 40 people and each day writing them a letter of thanks. Even giving thanks several times a day brings awareness of many graces that flow from Christ.

Lent is a unique time to learn and practice self-control and to identify with Christ’s suffering. This journey is not an easy one.

“If you do give in, you need to get right back up, just start all over,” said Head. “Get accountability partner who’ll do it with you or cheer up on you.”

Catholics journey to Reconciliation as Easter nears

Kayler Nelson
Editor-in-Chief

With the Easter season approaching, some spring cleaning is required. Reconciliation is a precept of the Catholic Church that is prominent around Easter.

“Reconciliation allows us to express our sorrow for our sins and to receive God’s abundant mercy,” said Mrs. Sarah Hofflander, theology teacher. “It is essential in order to allow the soul to be capable of receiving eternal salvation and of living in relationship with Him.”

Before participating in the sacrament of Reconciliation there are certain steps that must be taken.

“We must first do an examination of conscience,” said Hofflander. “In order to do this well, prayerfully ask the Holy Spirit to show you your sins and to inspire within you a sincere sense of contrition.”

Reconciliation provides many benefits. The spiritual effects of the sacrament of Penance are peace and serenity of conscience, spiritual consolation and an increase of spiritual strength for the Christian battle.

“After Reconciliation I feel like a weight has been lifted off my shoulders,” said senior Joe Sulaiman. “It is one of the greatest graces God has granted us.”

Catholics reconcile before Easter because Jesus’ selfless act of dying for our sins is so great. The aspiration is to be as clean and pure as possible before the celebration of his Resurrection.

This year Easter is later than usual and will fall on the second to last weekend of April, Sunday the 20th.

To prepare for Easter, O’Gorman will have an opportunity for Reconciliation on Wednesday, March 26.

“Reconciliation is something I look forward to,” said Sulaiman.

Debate, Interp qualify for nationals

Programs send competitors to nationals in oratory, duo, humor, public forum

Tommy Entwistle
Myla Brown

The O’Gorman oral interpers and debaters had a strong showing at the Rushmore District national qualifier. They competed at Roosevelt High School Feb. 21-22.

There were 12 schools that competed in debate. Senior Kayler Nelson and junior Liesel Julsrud competed in public forum. Out of 31 teams there were only three qualifiers. Julsrud and Nelson, along with teams from Yankton and Harrisburg, were National Qualifiers in public forum debate.

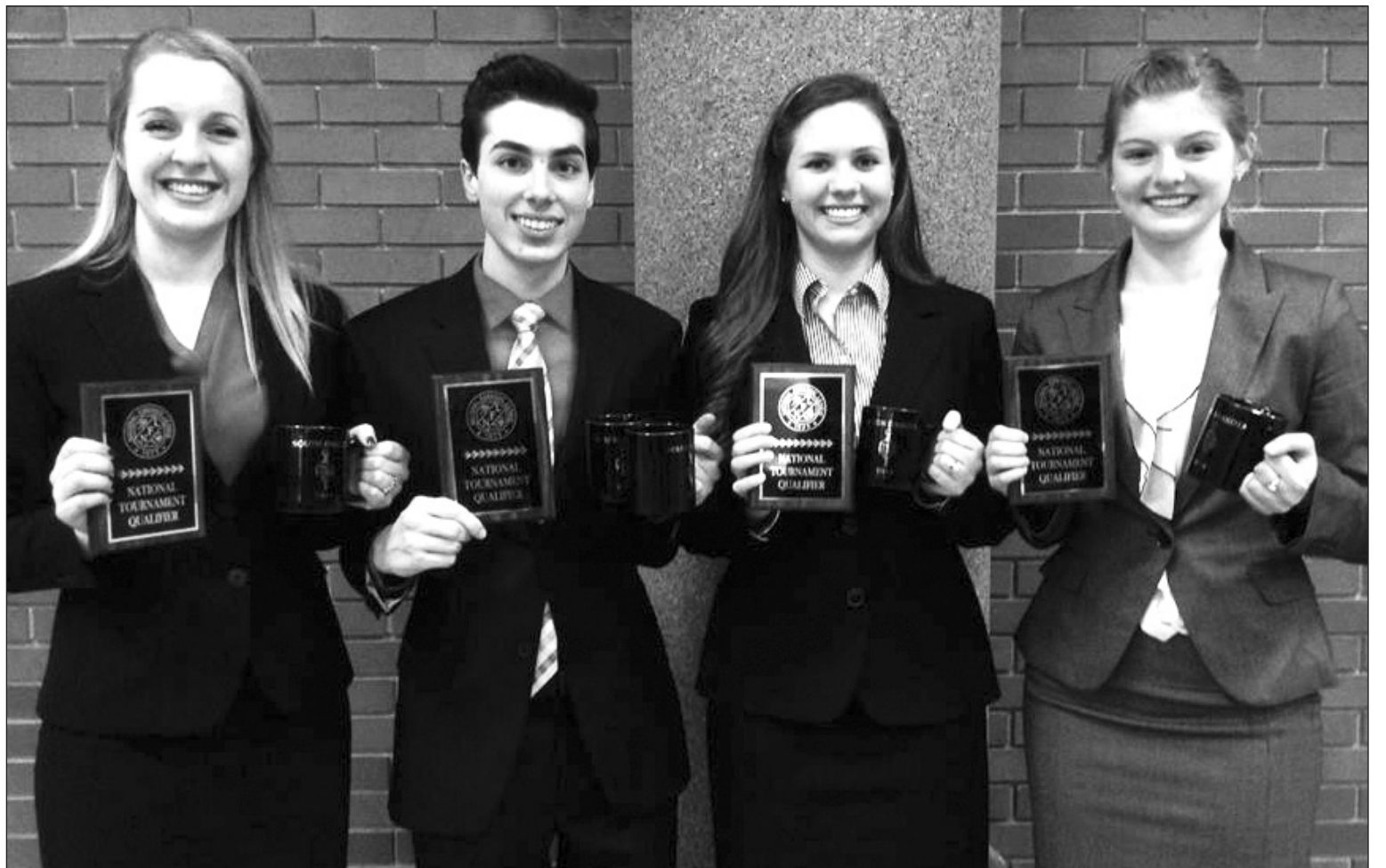
For the 30 entries in duo interp, there were only three qualifiers and among them. Senior Meghan Kunkel and junior Cody Bloomer punched their ticket to the NFL tournament in Kansas City.

Out of the 22 entries in original oratory and of the two to qualify, senior Anna Perry was one. For humorous interp, there were 18 entries, only two qualified and Jessie Sadlon was one to qualify. Sam Breske was 2014 Rushmore District student of the year.

After two days of tough competition and with the help of many volunteers, the tournament ran smoothly, and the O’Gorman oral interp and debate teams won the overall team sweepstakes award at the Rushmore District National Qualifier.

O’Gorman came in first with 41 points with a big lead to second place which was Lincoln High School with 32 points. Teresa Fester is the coach for oral interp and Bob Stevens is the coach for debate.

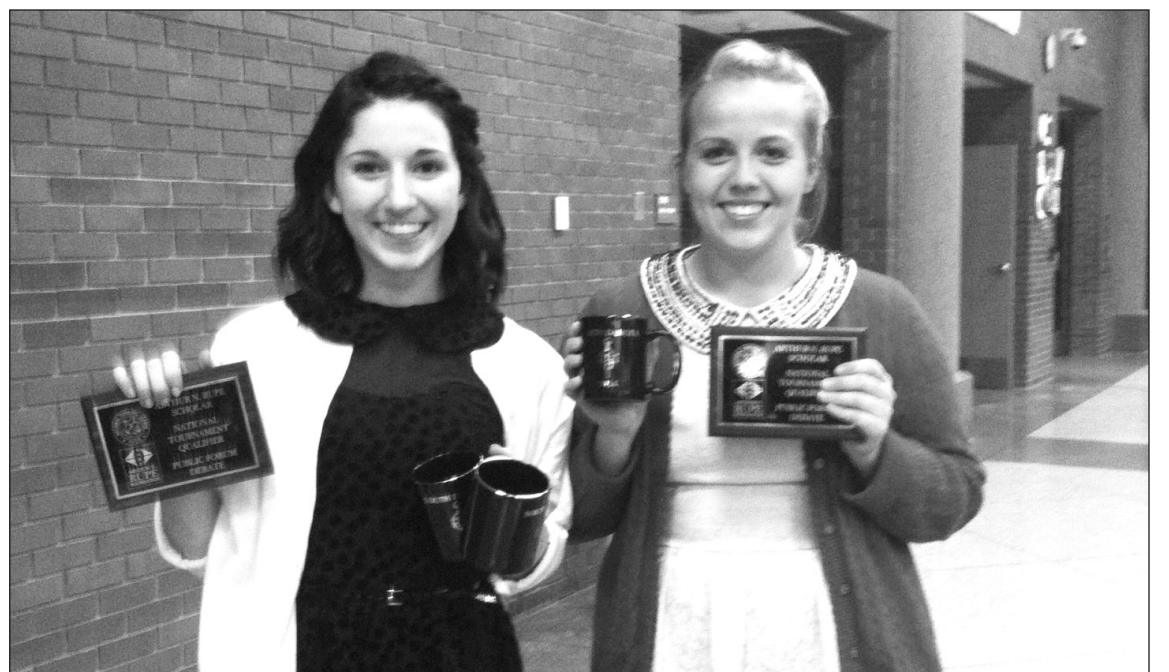
The National Forensic League Speech and Debate tournament will be held in Kansas City from June 15-20.



SUBMITTED PHOTO

Above: Meghan Kunkel, Cody Bloomer, Anna Perry and Jessie Sadlon stand with their national qualifier plaques. Kunkel and Bloomer will be going to nationals in duo, Perry in original oratory and Sadlon in humor.

Right: Liesel Julsrud and Kayler Nelson stand with their national qualifier plaques. Julsrud and Nelson will compete at the NFL tournament in Kansas City this summer in public forum debate.



SUBMITTED PHOTO

New club boasts fitness through fun

Cheyenne Chontos
Faith Editor

A new O’Gorman club is bringing new and fun ways for students to workout. Founded by juniors Christina Salter and Maggie Eckerstorfer, Witness to Fitness club focuses on bringing alternative means of exercise for those aren’t in a sport and want to stay in shape.

“Not everybody is in a sport all year long,” said Salter. “This

gives them something else to do.”

“For those kids who don’t have an activity, this is another option,” said the club’s teacher adviser, Angela Lynch. “It’s important to keep students interested in their health.”

The group’s main form of fitness is the new exercise craze, Zumba. Zumba is an aerobic fitness program that features dancing to Latin American music. This high-energy fitness routine has swept the nation, and

O’Gorman is no exception.

The main reason Salter and Eckerstorfer chose Zumba for Witness to Fitness is because of its distinctiveness compared to other workout routines.

“We want to expose people to different things,” said Eckerstorfer.

“A lot of schools have groups that do workouts,” said Salter. “We wanted to do something different with O’Gorman.”

Junior and Witness to Fitness

member Katie Kunkel brings to light another positive aspect of the club. “I’d rather do Zumba at school with my friends instead of at a gym,” said Kunkel. “The energy and the people make it fun.”

Club members stress that the club is open to everyone, no matter what the students’ gender or fitness levels are. “Do not be intimidated,” said Eckerstorfer. “When you get there you’re having so much fun that you don’t think about other people.”

Throughout the semester the group hopes to expand the types of activities it offers. One example they’re hoping to bring in is yoga.

“The club isn’t sticking just to Zumba,” said Lynch. “We plan on bringing other people in to teach classes.”

The group hopes to grow both in activities and members. All O’Gorman students are welcome to join.

Rocket team prepares for national competition in Washington, D.C.

Kayler Nelson
Editor-in-Chief

O’Gorman High School’s rocket team is ready to take flight as winter comes to a close. Rocket team is a program at O’Gorman that gives students interested in math and science an opportunity to apply their learning. “[Rocket team] is a chance for students to develop their skills in applied maths and sciences,” said team coordinator Ms. Jane Schnell. O’Gorman has the only rocket team in South Dakota. Nationally, there are only 750 schools with such a team. “The O’Gorman rocket team is a group of students who compete in the Team America Rocketry Challenge,” said Schnell. The Team America Rocketry Challenge is the world’s largest rocket contest. It is sponsored by the Aerospace Industries As-

sociation and the National Association of Rocketry. The competition was first created in 2002 as a one-time event, but it recieved such enthusiasm that it was requested the tournament be held annually. Rocket teams only compete once through out the season: at the national competition. The team spends the entire year preparing for this one competition. At the beginning of the season a list of rocket specifications are released. The team then designs, builds, and tests rockets. To qualify for the national tournament the team will have three flights scored, and if the scores rank in the top 100 in the nation the team will qualify. O’Gorman’s best finish at the national tournament is 11th place. This year’s tournament is scheduled for May 9-10, and O’Gorman is still looking to qualify.

Annual YWCA dance to be held March 29
Dance gives students chance to have fun, raise money for underprivileged youth

Carolyn Frederick
Entertainment Co-Editor

It has become a tradition that the YWCA (EmBe) holds the Spinsters dance every spring. It is a well-known dance held for all the high schools in Sioux Falls. There is a committee that meets up every Tuesday starting in November until the dance in March made up of four juniors and four seniors from every Sioux Falls school. The following members from O’Gorman are Paige Welch, Nicole Jaeger, Emily Sommerfeld, Meghan Kunkel, Christina Salter, Kaitlyn DeMarais, Katie Kunkel and Mattie Penisten. Most may think this is just a

dance, but it has become a fundraiser for camps, recreational programs and scholarships to more than 3,000 children in the Sioux Falls area. “Last year one of our camps provided 40 girls with Nike athletic shoes and this year we hope to give hygiene kits as well,” said senior Paige Welch. The committee members’ jobs are to find sponsors and collect donations for the dance. There are over 100 volunteers that supervise the dance. The EmBe staff and four police staff also assist with security. “This dance is such a great opportunity to raise money for those children who are not able to afford simple camps that we

take for granted,” said Yeager. “So all the ladies out there, ask someone and join us in having a good time and providing for the young children.” This tradition began by the women taking extreme measures like driving the men around, opening doors for them, and paying for their meal. Today the women still pay for the tickets as well as the dinner but not all the same measures are taken for the boy to be waited on hand and foot. Roles for this dance are atypical as the girl asks the guy to the dance. The dance will be held at The District on March 29 from 8-12 p.m.

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Friday, **March 28**



Golfers eager to take state title

Carolyn Frederick
Entertainment Co-Editor

Returning close to a full team, the Lady Knights golf team is counting on another great season.

The team only lost one senior, Claire Jansa, and has a transfer taking her place.

"We do return five of the girls that played on the state tournament last year and we also have a junior that transferred to O'G from Duluth Minnesota by the name of Elle Carlson," said coach Rod Garrison

Last season the Lady Knights were city champions, GDC champions and placed second in the state tournament. The Lady Knights were in first place after the first day, but a tough second day cost the Lady Knights the state title with Pierre taking home the hardware.

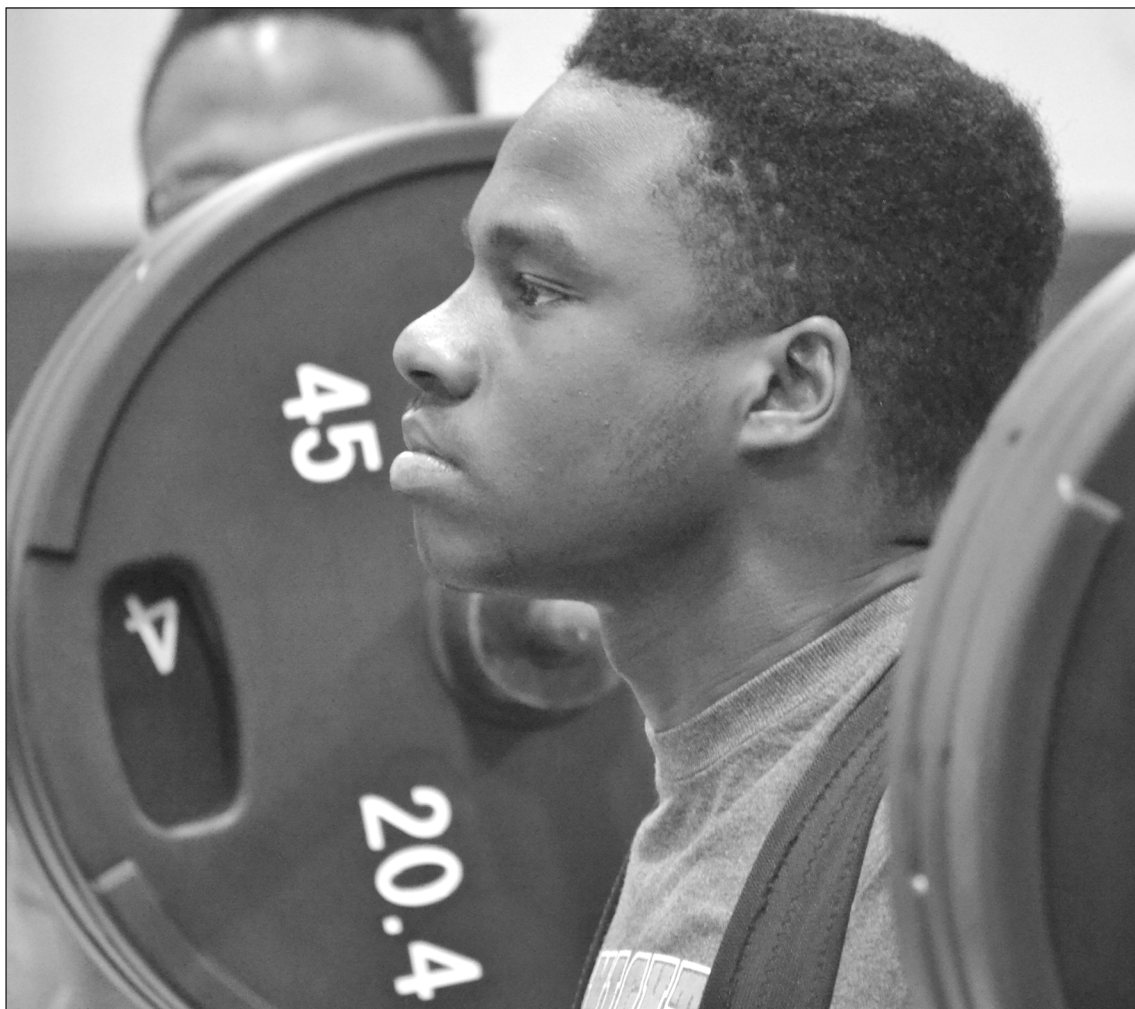
With that being said the Lady Knights' biggest rival is last year's state champions, the Pierre Governors.

"A major challenge that we have to face is the fact that our state tournament is at our biggest competitor's home course," said junior Kelsey Johnson.

The girls are also taking big steps to improve from last year's ending.

"We now know what it is like to lose and we absolutely hated it so hopefully that will push us to become a better team than we were in the last years," said junior Kelsey Johnson.

They will begin practicing hopefully on March 10.



KNIGHT LEGEND

Sophomore Jimmy Pio squats during the annual O'Gorman Powerlifting meet. The Knights will look to win their third straight state championship this year.

Powerlifters push to state

Tommy Entwistle
Sports Co-Editor

The O'Gorman Powerlifting team has been one of the most successful teams over the last five years. This season the Knights are poised to make a run at a third straight state title.

On Feb. 1, the Knights hosted the 11th annual O'Gorman Powerlifting Invitational, which included 11 teams from the state. The Knights breezed past the competition with a final team score of 56, and Watertown and Dell Rapids rounded out the top three with scores of 27 and 20, respectively.

Junior Easton Schuster was named the outstanding lifter of

the event. He won the 148 pound weight class with a total of 1160 and his coefficient was 7.958, which led all lifters for the event. Sophomore Dodi Makwinja won the 198 pound weight class with a total of 1275 and was named the best young lifter for the event.

"We work hard every day to improve as individuals so we can help make our team that much better," said senior Sam Hollinger, who took first place in the 181 pound weight class with a total of 1105 and a coefficient of 6.461.

Along with top tier lifters, O'Gorman was also showcasing brand new equipment for the state of the art weight room now located upstairs. The new equip-

ment and weight room were possible due to a generous donation of \$150,000 from Scott Jones and his family, along with help from the booster club and private donors.

"The new facilities have been great for our numbers as a program and it helps keep more of our athletes lifting here at O'Gorman," said head powerlifting coach Ed Whiting who is in his 10th year as head coach.

The Knights will look to win a third straight powerlifting state title at the state meet in Madison on March 8. The team has also recently qualified eight boys and three girls for the 2014 High School Nationals on March 28.

Harsh winter can't stop runners

Tommy Entwistle
Sports Co-Editor

Although it has been a harsh winter the track teams have been working hard to improve on last year's finishes at state. The Knights finished 11th overall in the boys state track meet and 13th overall for girls track.

The boys team will be led by senior runners Chris Sharpe and Tanner Schulte. The Knights will also be looking for contributions from sophomore runner Tiegen Lindner.

"We work hard during the season to improve as individuals and with our relay teams every day," said Sharpe who will be focusing on the 400 meter dash this season. "As a small school we need to focus on a few events and do well in them for a chance to be successful."

The girls will be led by junior thrower Jess Mieras who placed third in discus and sprinter Callie DeWitt who placed fifth in the 100 meter dash at last year's state meet.

They will also be looking for other individuals to step up and make contributions to do well at the state meet.

"We need to work hard every meet to improve as individuals so we can have a strong team showing at state," said Mieras.

The Knights will begin their season at the Brandon Invite on April 12, and the state meet will be held in Sioux Falls at Howard Wood and McEneaney Field from May 30-31.

Tennis team looks to young talent as hopes abound for state title run

Ben Rogers
Sports Co-Editor

After a tough 2013 season, the tennis team is looking to improve this year.

Last year the boy's tennis team took third place in state as the Watertown Arrows took home the title with Rapid City Stevens coming in second place.

"We are all trying to win state this year after we got third," said sophomore Jake Moran.

The team will have to look for a new leader as they will be without their lone senior from last year, Ben Czarnecki.

The Knights however will have the reigning flight one champion, Tommy Entwistle, who routed Jordan Fiege from Watertown 6-2 and 6-3 in the championship match last year.

"Tommy is a great leader. If we are down he is always saying something positive to lift us up," said Moran

Their season will start off on April 8 with a duel against crosstown rivals Washington Warrior. Next they will match up against the Roosevelt Rough Riders at Kuehn Park on April 10.

The Knights will get a good gauge of where their team is at early on in the season when they travel to Minneapolis, Minn. for the Bloomington Jefferson MT Classic.



SUBMITTED PHOTO

Senior Tommy Entwistle returns a serve during the state tournament last year. Entwistle went on to win the Flight 1 singles championship.